



Critical national defense mission keeps AEDC open amid pandemic

By Kathy Jacobsen
AEDC Public Affairs

Ground testing for critical Department of Defense projects will continue at Arnold Engineering Development Complex while mitigating the risks during the Coronavirus pandemic.

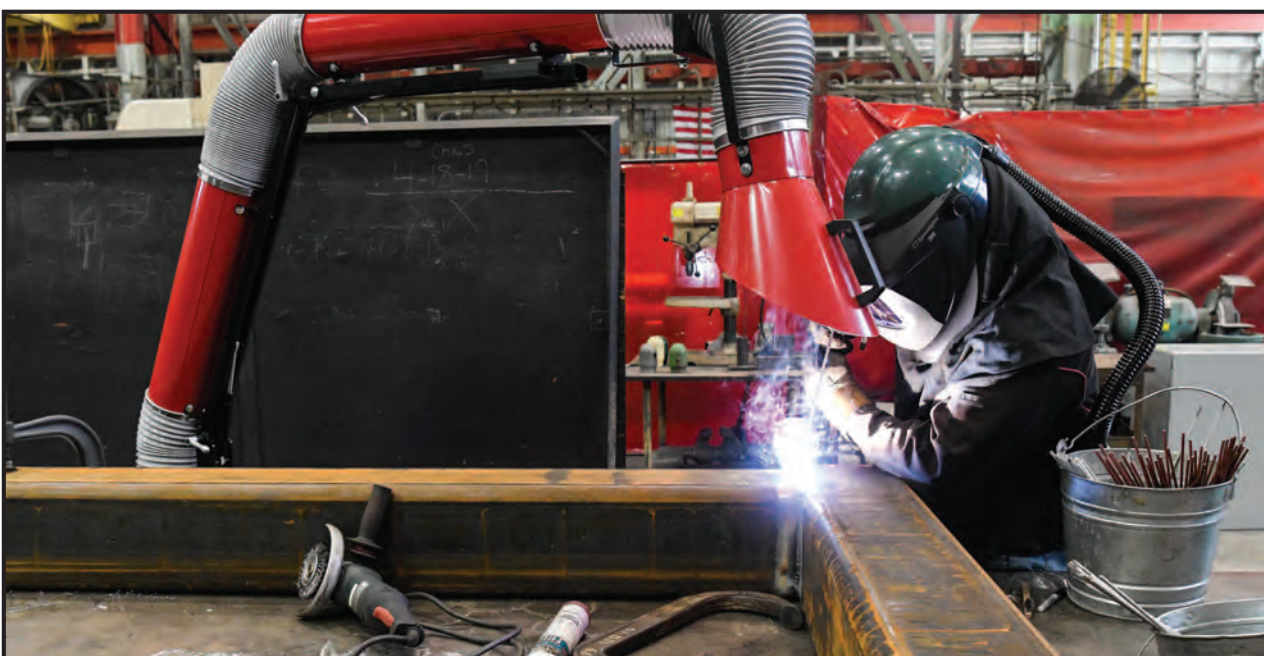
That means some employees will stay on-the-job and the Complex will remain open. Tunnel 9 in Maryland temporarily halted operations for three days last week due to the governor's directive to stay at home. There are more than 447 confirmed COVID-19 cases in Montgomery County where Tunnel 9 is located, but the facility is already up and running

again after reconfiguring the control room and other spaces to enforce social distancing and other protective measures.

NASA limited access to the National Full-Scale Aerodynamics Complex at Ames Research Center in California, to mission essential only personnel after the governor's order to shelter in place at home. AEDC manages and operates the facility at Ames.

The 704th Test Group at Holloman, Kirtland and Wright-Patterson Air Force Bases and White Sands Missile Range, N.M., continues select tests while following the personal pro-

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Chris Easterly, an ironworker, welds a joint on a C-1 pipe support stand April 1 in the Model and Machine Shop at Arnold Air Force Base, Tenn. Easterly is wearing a welding helmet with a powered air purifying respirator (PAPR) and a hood, which provides protection from smoke and fumes. The PAPR is not required for welding non-stainless steel, but is being explored as a risk mitigation option for when craftworkers need to be closer than six feet apart to complete the task. (U.S. Air Force photo by Jill Pickett)

Capability improvements at transonic wind tunnel leads to approximately \$200,000 in savings annually

By Deidre Moon
AEDC Public Affairs

An annual savings of close to \$200,000 is expected after the facility checkouts of the Arnold Engineering Development Complex 16-foot Transonic Wind Tunnel, or 16T, at Arnold Air Force Base last September.

By leveraging previous upgrades to the Propulsion Wind Tunnel facility's main compressor drive, the 16T wind tunnel can be operated utilizing lower power consumption, according to Tyler McCamey, a program manager for Test Investment Planning and Programming funded capital improvement programs at Arnold.

"Flight team members

Ron Lutz and Douglas Miller were overseeing a checkout of conditions of 16T, and during this test, the PWT main drive compressor was being used in a way that was not originally possible," McCamey said. "But a Computational Fluid Dynamics analysis and a study of the compressor curves predicted that lower compressor speeds, combined with optimal blade angle settings, could safely and more efficiently generate test conditions for the 16T core operating envelope, where 85 percent of the tunnel's testing occurs."

Depending on the desired tunnel conditions, the test demonstrated an instantaneous savings of up to 10 megawatts, or

the equivalent power of running 100,000 100-watt lightbulbs.

"Being the largest single-user on the TVA (Tennessee Valley Authority) grid, the team was able to demonstrate a way to be a better steward of power resources without any compromise in capability," McCamey said.

Another way Flight team members determined they could improve test efficiency is by better maintaining air-velocity conditions during sweeps of wind tunnel model position. Precise air-velocity control is a crucial element of providing the highest quality data to customers. The Flight team determined that augment-

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Tyler McCamey, a program manager, right, Ethan Jobe, a plant operations engineer, and Shelby Moorman, an electrical systems engineer, converse in the Main Drive building of the Arnold Engineering Development Complex (AEDC) Propulsion Wind Tunnel Facility Feb. 7 at Arnold Air Force Base. AEDC team members determined a new configuration of the motors to power the compressors, resulting in a significant power savings. (U.S. Air Force photo by Jill Pickett)

Arnold FES team rescues five people trapped 300 feet underground at J-4

By Deidre Moon
AEDC Public Affairs

Saturdays at Arnold Air Force Base are typically quieter days, with most of the workforce at home spending the weekends with their families.

But on Saturday, Feb. 29, it wasn't so quiet for the Arnold Fire and Emergency Services crew.

A call came into the FES station around 11:30 a.m., informing the team that five craftsmen were trapped in an elevator at the bottom of the J-4 Rocket Motor Test Facility.

According to Assistant Fire Chief Tom Lombard,

the craftsmen had been performing maintenance work, diverting water and cleaning underneath the test facility to keep piping clear and operational. After completing their task, the group was making their way out of the facility using the elevator when the control system failed to respond. The individual monitoring the work from the ground level called FES when the other members radioed they were stuck.

"The safety lock showed that the door to the elevator was open, and as a safety measure elevators won't move if the doors are per-

ceived to be open," Lombard said.

Upon getting the call, Lombard and his team responded immediately and began to develop rescue plans.

"The best method, or 'Plan A' in a case such as this, is to wait for the elevator repairman to see if they can get the elevator functioning properly to get the people out that way," he said.

While waiting for the elevator repairman, the FES rescue team set out their equipment and began building the complex rig-

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Brian Barnes, a rescue technician with Arnold Fire and Emergency Services, makes the almost 300-foot vertical descent into the J-4 silo to assist in retrieving the five Arnold Engineering Development Complex craftsmen on Feb. 29 at Arnold Air Force Base. (U.S. Air Force photo)

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Col. Jeffrey Geraghty
AEDC Commander

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tection guidelines at their respective bases. Other geographically separated units at Eglin, Edwards, Peterson and Hill Air Force Bases are likewise complying with local guidelines.

“I want to thank each of you for the efforts you’ve put forth to continue the mission to the best of your ability throughout this time of rapidly changing guidance and restrictions,” said AEDC Commander Col. Jeffrey Geraghty. “AEDC leaders at every level have done an excellent job preparing to mitigate health risks while enabling us to continue our important national defense mission for the long term. Those of you who get the mission done have acted with confidence and poise amidst all these changes.”

A memo released by DOD Acquisition Chief Ellen Lord cites a White House statement from March 19 referring to the defense industry as part of the nation’s critical infrastructure. Defense companies “are expected to maintain their normal work schedules,” even as state and local governments tell private companies to close.

“We need your support and dedication in these trying times to ensure the security of this Nation,” Lord said. “I understand that this national emergency presents a challenge and we are dedicated to working closely with you to ensure the safety of the workforce and accomplishments of the national security mission.”

In a recent Facebook message, Geraghty stated his three priorities for the base – in priority order:

1. Protect the health of the workforce;
2. Execute the mission;
3. Take care of each other, to include yourselves.

As more people started to contract the virus nationwide, one of Geraghty’s first acts was maximizing telework and encouraging defense contractors to do the same whenever possible. There were also travel restrictions and changes at the gate. Security personnel ask a series of questions before entry onto Arnold AFB is allowed. Anyone considered high risk or who has been in a virus hot spot is denied access. Deliveries are also more challenging, to include food services and items needed for test support. However, base leadership has devised methods to substantially mitigate the already small health risk imposed by such deliveries.

Another measure to protect the workforce involves personal protective equipment in situations where social distancing is not attainable. Additional protection includes completing an enhanced screening process mandated by the wing commander. In-person meetings are limited to 10 people or less and many meetings are held using other methods of communication such as telephone, virtual meetings, etc.

The AEDC Model Shop is building models and making modifications to test areas; security and fire personnel, power and water personnel are on the base each day with the engineers and craft personnel who are conducting tests. The Operations Center is staffed with both government and contractors around the clock 24-7.

Col. Geraghty said he wants the people of AEDC to know how important they are to him and to the nation. “I’m communicating your value to national defense when I contact city, county and state officials. The military, government civilian and contractor workforce at AEDC really is second to none. That is why I have implemented the strictest guidelines in the Command to reduce the risk to the health of the workforce.

All DOD facilities remain at a minimum Health Protection Condition Charlie.

For the most up-to-date information about COVID-19 at Arnold AFB, be sure to check <https://www.arnold.af.mil/coronavirus> and the AEDC Facebook page <http://www.facebook.com/ArnoldAirForceBase/>.

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ing the system used to control air-velocity will increase the sweep-rate of model position without the need to slow down movement or repeat test points where the air velocity was not within tolerances. This improves productivity and reduces cost for repeat points.

Sid Ledbetter, an Instrumentation, Data and Controls engineer, and Sara Rhoades, a Facility Technology engineer, have been studying the predictive control of valves to help 16T stay on condition between changes to the test models.

“This control technique, which is already being employed by other AEDC facilities, shows promise of doing the same for 16T,” Ledbetter said. “Data collected during the facility checkouts will help our team in finalizing a predicative control algorithm that we will be able to deploy in the future.”

With the same intent of maintaining test conditions, AEDC controls engineers Drew Owen and Davy Ruehling took advantage of the same 16T capabilities tests to tune the load commutated inverter, or LCI, and found that the baseline tuning was good.

“The LCI is part of the system that controls the variable speed drive motors of the compressor,” Ruehling said. “By monitoring the LCI, it was determined that the lower speeds used for efficient compressor operation also resulted in near unity power factor, or when reactive power is reduced to zero. Operation away from unity power factor has historically resulted in about \$101,000 annually in TVA penalties.”

Shelby Moorman, an electrical design engineer, is currently writing a new LCI control system specification that will use the knowledge gained through this recent testing to assure the upgraded system will avoid these penalties and improve upon the ability to operate at lower speeds.

Additionally, multiple test agendas were combined into an executed matrix of test points to minimize the cost of the testing on the facilities. Brian Edinger, a test project engineer, spearheaded this effort, along with engineers Joe Capps, Ethan Jobe and John Wright.

“This group found that some actions to improve power efficiency may compete with controllability and vice-versa, and the experiments improved understanding of these interactions,” McCamey said. “The facility characterization gained through the experiments will help test operations save the customer money, while also maximizing the amount of data they can collect within the program budgets on future tests.”

Because collecting data for test customers is a central mission of AEDC, McCamey explained that finding time to run the facilities for the sole purpose of discovering improvements can be difficult.

“The expense can occasionally be justified if there is an expected payback in improved capability or efficiency, and this certainly was the case for this cadre of experiments by the Test Operations group at PWT,” he said.

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ging systems they would use to retrieve the individuals if needed.

“Once the elevator repairman arrived and determined he couldn’t get the elevator operating, then we put our next plan into action,” Lombard said. “I put Sam Teat, one of our rescue technicians, as the lead on the rescue and our guys went to work. All 15 responders on duty that day assisted in completing the rescue.”

Luckily, none of the individuals stuck in the elevator sustained any injuries. Prior to getting the craftsmen out, the FES team sent down bottles of water and blankets.

“To do a rescue like this, at these depths, there are inherent risks,” Lombard said. “But we were able to start the rigging at the ground level and bring the rope straight down the tunnel.”

Brian Barnes, a rescue technician with Arnold FES, was the one tasked with making the almost 300-foot vertical descent into the J-4 silo to assist in bringing the five workers up.

Firefighter Christopher Elsen was lowered to a platform at around the 150-foot mark to provide a safety check as each person was hoisted.

“The team did fantastic,” Lombard said.

“We will be debriefing so we can key in on some lessons learned, but I couldn’t be happier. I’m proud of the work done, of what we were able to accomplish and that no one was injured.”

Teat added he was also impressed with the entire team.

“Everyone did a great job assisting, which made everything go really smoothly,” he said.

Barnes agreed it went so well that the call felt like a training exercise.

“Because there were no medical emergencies, it seemed like an impromptu training exercise,” he said. “Though the guys we were called to rescue were nervous about being taken up the 300 foot tunnel, we assured them that we prepare for this type of thing every day. We tried to make them as comfortable with the process as possible.”

Of course, this was not the first time that the FES team has been called to a situation involving a confined space.

“Every day workers enter a variety of confined spaces,” Lombard said. “In preparation, we have confined space training and exercises, and practice rigging exercises throughout the year.”

On a regular basis, the FES team members preincident plan each facility to become familiar with the layout should an emergency occur there.

Daryle Lopes, the chief of Fire and Emergency Services, commented on the rescue operation.

“The values we seek to live by at Arnold Fire are ‘Be Safe, Be Prepared, Be Professional and Be Dedicated,’” he said. “The J-4 rescue was just one more opportunity for us to serve the AEDC community in a time of great need. I couldn’t be more proud of the way the entire fire protection team puts our values to work on a daily basis.”

Anyone in need of emergency assistance on base should first dial 911. If using a cell phone, the caller must inform the dispatcher that the call is coming from Arnold Air Force Base so that the call is transferred to FES.



On. Feb. 29, Arnold Fire and Emergency Service personnel use a rigging system to retrieve five Arnold Engineering Development Complex craftsmen from the bottom of the J-4 Rocket Motor Test Facility after the elevator control system failed to respond at Arnold Air Force Base. (U.S. Air Force photo)

Offices closed, activities canceled at Arnold AFB in response to coronavirus

By Bradley Hicks
AEDC Public Affairs

In response to the COVID-19 pandemic, officials at Arnold Air Force Base have moved to cancel activities and close offices and facilities across the base. These temporary changes have been imposed to limit the possible community transmission of the virus.

All Arnold AFB Services events and trips have been canceled through April. Base personnel are asked to avoid non-mission essential mass gatherings, parties, speaking events and other functions at this time.

Announced closures at this time include:

- The Arnold AFB Medical Aid Station. Those requiring immediate medical assistance are asked to visit their nearest emergency room.
- The Arnold AFB Legal Office. The office will remain closed for an unknown duration for legal assistance, tax appointments and general customer service assistance.
- The Wingo Inn is not accepting new reservations at this time. Outdoor Recreation is also closed. This includes the FamCamp and Crockett Cove, which are not accepting new reservations at this time.
- The Mulligan’s Grill restaurant located at the Arnold Golf Course.
- Both the Arnold Lakeside Center and the Gossick Leadership Center.
- The barbershop located in the Arnold AFB Administration & Engineering Building
- Café 100 in the A&E Building

Altered schedules/operations:

- The Arnold AFB Fitness Center weight room will remain open, but only from 6-10 a.m. Monday through Friday for active duty military. The Arnold AFB Fitness Center sauna and showers, as well as the fitness room located on the 4th floor of the A&E Building, are closed.
- The Arnold Golf Course will remain open only for scheduled tee times Friday through Sunday. The course will be closed Monday through Thursday.

The Defense Commissary Agency and Base Exchange at Arnold AFB remain open.

Arnold AFB personnel have been asked to adhere to the travel restrictions previously issued by the Department of Defense. U.S. Deputy Secretary of Defense David L. Norquist approved travel restrictions for service members, DOD civilians and their families assigned to DOD installations, facilities and surrounding areas within the U.S. and its territories. The restriction halts all domestic travel, including permanent Change of Station and Temporary Duty. It also pauses civilian hiring at DOD installations and components for persons who do not reside within the hiring entity’s local commuting area.

Service members will be authorized local leave only, following Service guidelines.

The guidance approved by Norquist took effect on March 16 and continues through May 11.

This list will be updated as additional announcements are made.

Coffee County EMA encourages Arnold AFB personnel to sign up for Hyper-Reach

By Deidre Moon
AEDC Public Affairs

The Coffee County Emergency Management Agency has established a way to communicate emergency alerts to residents in the local area using the Hyper-Reach Reverse 911 program.

According to James Dill, chief of Emergency Management at Arnold Air Force Base, this program allows county governments to reach those registered in the system with critical, local information.

“This is another way the community and our folks can be

prepared in the event of an emergency situation in the area,” he said.

Though not everyone who works on base resides in Coffee County, Dill asks that all Arnold personnel sign up and take advantage of the Hyper-Reach alert system to stay in the know.

“I understand that our employees, in all categories, are spread out into multiple counties,” he said. “However, this system will inform everyone of what’s going on in Coffee County, whether they live here or not.”

Those interested in sign-

ing up can do so by visiting the following link: https://signup.hyper-reach.com/hyper_reach/sign_up_page_2/?id=81681. More information is available at the Coffee County Emergency Management Agency’s Facebook page.

Tips for telework success

By Jessica Brown
92nd Air Refueling Wing Public Affairs

FAIRCHILD AIR FORCE BASE, Wash. – The Air Force has elevated its Health Protection Condition in response to the fast spread of Coronavirus 2019; in response, Airmen, civilians and families are encouraged to practice prevention measures.

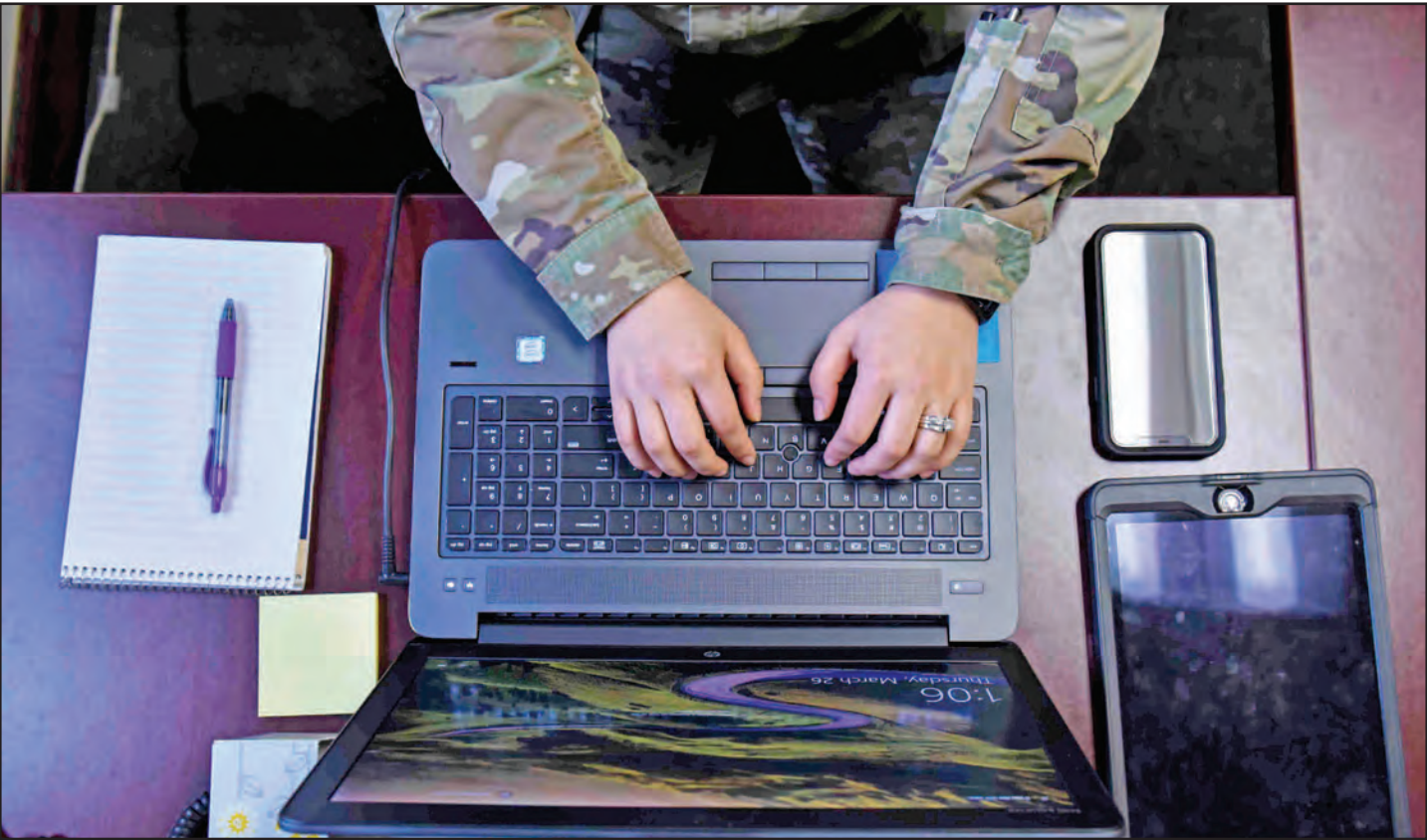
In addition to following strict personal and environmental hygiene, social distancing, staying home if sick, and self-quarantining if exposed to those with COVID-19 symptoms (coughing, fever, shortness of breath), teleworking when possible has been highly encouraged in both the civilian and military sectors.

If you find yourself teleworking in the following weeks as a result, you may discover it is harder than you first imagined (especially if you have little kiddos!)

Sure, scrolling social apps in your pajamas with a bowl of cereal on your stomach may sound like the way to go, but if you’re not careful you can find valuable time lost, poor quality products and/or missed meetings.

Read on for a few tips that can help you be successful while teleworking, and things to keep in mind if you are also taking care of your kids:

1. Set a morning alarm, shower and get dressed - keeping a daily routine



A U.S. Air Force member teleworks from home to practice social distancing. Staying home if sick, and self-quarantining if exposed to those with COVID-19 symptoms (coughing, fever, shortness of breath), and teleworking when possible has been highly encouraged in both the civilian and military sectors. (U.S. Air Force photo by Airman 1st Class Kiaundra Miller)

1. similar to your typical workday will help you stay on track and make it easier to return to business once you physically return to work.
 2. Communicate, communicate, communicate - the old saying, “out of sight, out of mind” may be true if your coworker, supervisor or leaders are dealing with issues or a crisis such as COVID-19. During a crisis, certain things take priority for commanders. This doesn’t mean what you do isn’t important, so continue to provide reports and recommendations. Your insight could help save taxpayer dollars, solve a shortage problem, or even save a life.
 3. Keep the lines of communication open both up AND down your chain. Teleworking can be lonely, but it doesn’t have to be. Pick up the phone, initiate a video conference to check on one another and share updates on your projects.
 4. Do the work - even with meetings postponed, information is still critical to advise your leaders. If you know that your unit’s daily meeting is cancelled, you can still send the information you would normally provide. Not only does this show initiative, it keeps the communication channels open, and may provide critical information to your organization.
 5. Take breaks - just as you would do at your work place, take breaks while teleworking. Step outside for some fresh Spokane-air (while maintaining six feet of personal space!) and stretch your legs.
 6. Prepare for success today and tomorrow - as you’re wrapping up your day, set aside 5-10 minutes to outline work for yourself to accomplish the next day. Make sure you have planned enough work to keep yourself busy. Will you need clients’ information? That case to review? This will save you from constantly asking your coworkers in the office to email you files. Your opportunity to telework should not be more work for them.
 7. Communicate your plan to your supervisor with an estimated timeline and seek support if you need additional information or resources.
 8. Make sure your laptop is charged, programs are up to date and your equipment is out of reach from tiny hands.
 9. Prepare healthy snacks for tomorrow so when the hunger pangs strikes, you have healthy brain food ready to eat.
- Additionally, below are tips for maintaining a balance between parenting and completing your teleworking tasks.
1. Establish a routine - if your children attend childcare or school, chances are they are used to some kind of routine. Try to establish one quickly; by having a similar routine, it will help them transition back to school/daycare.
 2. Distractions – as any parent knows, with children there will be distractions from work. Little Johnny will likely pull down the sack of flour or Sally will need help going to the bathroom. Don’t worry. Rapid Mobility will not cease because you had to take a break to clean up a mess.
 3. Avoid multitasking - most parents know that multitasking is a critical skill to have while raising children. Many mothers have nursed while typing emails. Many fathers have juggled a baby and groceries. It isn’t necessary to complete all tasks at the same time. If you have to step away from a conference call to care for little Johnny, apply the mute button and take care of your child.
 4. Delegate - if little Johnny and Sally are old enough, delegate certain things to them. Explain that since you’re staying home to prevent others from getting sick, you’re going to need their big-kid support. Have them take their dishes to the sink, wipe up their mess, get dressed and even put up their toys.
 5. Take breaks – schedule virtual “play dates” during your lunch, take snack breaks with the kids and give your mind a break.
 6. Keep calm, breathe, recognize your stress - there’s nothing like participating in a teleconference, typing notes and feeding a screaming toddler all at the same time. When multitasking has to happen, a certain level of stress can affect you. It’s important to remain calm, take a deep breath, recognize that you are stressed and then manage the situation by handling each piece individually. Put out the biggest “fire” first. This might very well be the screaming toddler.
- Our installations have assumed a mission sustainment posture that best balances the Air Force’s number one priority – the safety of you and your families – with necessary mission requirements. Hopefully these tips will help you telework with success.

AFMC to host virtual STEM hiring event

By Marisa Alia-Novobilski
Air Force Materiel Command Public Affairs

WRIGHT-PATTERSON AIR FORCE BASE, Ohio – The Air Force Materiel Command will host an online, virtual STEM hiring fair April 23, 9 a.m. to 3 p.m. CT, to fill multiple science, technology, engineering and mathematics positions across the enterprise.

The event will provide an opportunity for hiring officials and qualified candidates to connect directly via an interactive, on-line platform to fill immediate, critical vacancies as well as future positions at

AFMC headquarters and center locations across the U.S.

“This event builds on the success of the virtual hiring events AFMC has held over the past year to fill vacancies across the command,” said Jesus I. Diaz, Marketing and Branding Manager, Talent Acquisition, Air Force Personnel Center. “This particular event is focused on filling science and engineering positions at AFMC while enabling recruitment from a widespread, geographically dispersed pool of talent.”

Open positions include occupations such as aerospace engineer, computer engineer, computer scientist, IT specialist, operations research, test and evaluation

engineer, systems engineer and more. A full list of professions can be found at the Air Force Civilian Service STEM Virtual Event website.

“AFMC is looking to fill immediate as well as future needs through this event,” said Diaz. “Registration is required, and we encourage all interested candidates to make sure to visit the event site prior to the deadline to submit the required documents.”

Pre-event registration at the official event website, www.afciviliancareers.com/STEMVIRTUAL, is required, with a deadline of April 9 at 11:59 p.m. Applicants will need to upload documents that include a resume, official/unofficial

transcripts and other, depending on the job posting requirement.

All resumes will be reviewed by hiring official prior to the event, and invitations will be extended to a limited number of qualified candidates to attend. While all registrants will not receive an event invitation, their resumes will be maintained for potential future hiring needs.

To learn more about Air Force civilian opportunities and future hiring events, visit www.afciviliancareers.com. Further information on the April 23 event is available at www.afciviliancareers.com/STEMVIRTUAL.

How the AF Employee Assistance Program can help during COVID-19

By Airman 1st Class Donaldson
14th Flying Training Wing

COLUMBUS AIR FORCE BASE, Miss. – To help relieve some of the worries people may have as a result of the COVID-19 pandemic, the Air Force Employee Assistance Program’s resources continue to be available for those that need them.

According to William Sherman, 14th Flying Training Wing community support coordinator, the program provides a variety of needs from one-on-one coun-

seling sessions with a licensed, credentialed master’s degree professional who can address significant challenges such as coping with stress from COVID-19 and prevention and treatment, Sherman said.

EAP is accessible 24/7 by all Air Force civilian personnel (APF and NAF), Guard/Reserve and family members.

“As active-duty personnel, you have all kinds of helping agencies,” said Sherman, who is the main point of contact at Columbus Air Force Base, Mississippi, when people have questions about the

program and the services provided.

“There are a lot of civilians who are not prior military or retirees on base,” he said. “This is a program to help them be provided with the same services you would have access to.”

Sherman said the Air Force EAP offers a variety of amenities to meet the essentials of everyone – including online tips, checklists, in-depth articles, live and on-demand webinars, discussion groups, a health encyclopedia and more.

“The Air Force Employee Assistance Program was made to offer guidance and

relief to those who have anxiety during times like these,” Sherman said. “It will continue to provide services during the COVID-19 outbreak and can be utilized at home for those employees currently teleworking.”

For more information or questions about the Air Force EAP call Sherman at 662-434-1617.

To access the Air Force EAP website, go to www.AFPC.AF.MIL/EAP or call 1-866-580-9078.

Suicide Awareness: What you can do to help

By AEDC Safety

This past December there was a class at Arnold Air Force Base titled “Mental Health First Aid.” Several AEDC team members attended the class to learn what to look for and how to help someone who exhibits clues that they might hurt themselves. This is some of what we learned.

According to the Centers for Disease Control and Prevention, suicide is the 10th leading cause of death in the United States. Each day approximately 123 people take their own lives. That includes approximately 22 U.S. Military veterans and one active service person. The Centers for Disease Control and Prevention also reports that the suicide rate has increased by 33 percent in the U.S. since 1999, and suicide is the second leading cause of death among people 10 to 34 years old.

The CDC National Center for Health Statistics reports that the suicide rate peaks in the spring and the fall. Suicide remains a major public health problem, one that occurs throughout the year. In addition, more than 374,000 people are treated in emergency departments for self-inflicted injuries.

It seems that admitting that there’s a problem can, for some, can be the toughest part of the battle. The stigma associated with mental health issues and PTSD (Post-Traumatic Stress Disorder) overtakes the need to ask for help. Instead of reaching out and talking about the problem, people are choosing to end their lives to find relief.

Sebastian Junger is an author who spent a year embedded with a platoon in the Korengal Valley, which is billed as the deadliest valley in Afghanistan. In his book “Tribe,” his perspective is that, “Soldiers in combat ignore differences of race, religion and politics within their platoon... And then come home to find themselves missing the incredibly intimate bonds of platoon life. The loss of closeness that comes at the end of deployment may explain the high rates of post-traumatic stress disorder suffered by military veterans today.”

Warning Signs and Actions to Take

The National Council for Behavioral Health provides a list of clues and actions to take to help you tell if someone is feeling suicidal.

Warnings:

- Talking about wanting to die or kill oneself
- Talking, writing, or posting on social media thoughts on death, dying, or suicide
- Looking for ways to commit suicide: seeking access to pills, weapons, or other means
- Talking about feeling hopeless or

having no purpose

- Acting anxious, agitated, rage, anger, seeking revenge
- Talking about feeling trapped with no way out or being in unbearable pain
- Acting recklessly or engaging in risky activities, seemingly without thinking
- Increasing alcohol or drug use
- Withdrawing from friends, family, or society
- Sleeping too much or too little
- Dramatic changes in mood
- Talking about being a burden to others

Actions:

- Assess for risk of suicide or harm
- Listen nonjudgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies

If you think they may be considering hurting themselves ask them directly, are you thinking about suicide or hurting yourself?

If the answer is no, keep listening and supporting.

If the answer is yes, ask do you have a plan? How – When? Do you have what it takes? If they answer yes to these questions, call 911 and get help immediately.

If you are unsure about what to do or if you wonder about someone, ask them directly or go to HR, your supervisor or a trusted friend. Sometimes there are no clues and we do not know to help, but do not miss an opportunity to help when you suspect a problem.

If you or someone you know needs help, the Veterans Crisis Hotline is staffed 24 hours a day, seven days a week, at 1-800-273-8255, press 1. Services also are available online at www.veteranscrisisline.net or by text at 838255.

This February, Gen. Arnold W. Bunch Jr., commander, Air Force Materiel Command, visited Arnold AFB and during the visit he encouraged us to “be deliberate in building relationships and team cohesion to take care of each other.” So as we go about our daily business take the time to look, listen, and take care of each other

If you observe an unsafe action or condition that needs immediate attention (i.e., one that creates immediate danger to life or health), call the AEDC Safety Hotline, 454-7233 (S-A-F-E). This number rings in the AEDC Safety Office on weekdays during business hours. The AEDC Operations Center answers calls at night, on weekends and after the fourth ring during regular duty hours.

Take care of each other.

AFMC CONNECT

SOCIAL DISTANCING - LIKE A BOSS -

Referring herein to any specific commercial products, groups, or services by trademark, brand name, or otherwise, does not necessarily constitute or imply its endorsement, recommendation, or favoring by the United States Government.

FIVE WAYS TO THRIVE

Are you having the isolation woes? Don't let being house bound get you down. Here are some tips to help you make the best of your time at home away from your friends & coworkers.

EXERCISE YOUR BRAIN

Take time for your favorite hobbies or learn a new skill. Knitting, calligraphy, painting, Photoshop, web design, cooking, etc.



STAY CONNECTED - VIRTUALLY

Video chat with coworkers, friends and family members that are far away, you can even watch movies together. Hurry... someone get the popcorn!



GO OUTDOORS AND SOAK UP SOME SUNSHINE

Get fresh air every day. Open the windows, take a walk, or sit in the sun for 10 minutes.



TIDY UP YOUR FINANCES

COVID-19 measures may affect many aspects of your life, including financial readiness. There are resources to help, check out Military OneSource and EAP.

militaryonesource.mil
afpc.af.mil/EAP



PHYSICAL FITNESS @ HOME

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For the latest information from the Air Force on COVID-19 visit:
<https://www.af.mil/News/Coronavirus-Disease-2019/>

OneSource, family and spouse programs still available

By Department of Defense

ARLINGTON, Va. (AFNS) – The Department of Defense is closely monitoring the impact of the new coronavirus on service members, their families and survivors. Resources offered through Military OneSource, the Military and Family Life Counseling program and the Spouse Education and Career Opportunities program continue to serve the military community.

“We are working hard to provide timely and accurate updates and helpful resources for our service members and their families,” said Kim Joiner, deputy assistant secretary of defense for military community and family policy. “Our families can feel

confident about finding official information and guidance on our websites and social media platforms. While we have made necessary changes in response to this pandemic, one thing remains the same – our commitment to serving our military community.”

What’s new

- A dedicated section is available on Military OneSource to keep service members and their families informed about the impacts of COVID-19 on the military community.
- Beginning March 24, Military OneSource will offer nonmedical video counseling for children and youth who may feel overwhelmed by the

COVID-19 outbreak.

- Military OneSource will be live on Facebook Monday through Friday at noon EST to highlight available resources. All videos will be available for on-demand viewing.

What’s the Same

- Military OneSource is available 24/7/365 to help service members and their families manage stress and challenges related to COVID-19, as well as provide nonmedical counseling and support. Call 800-342-9647 or connect via live chat.
- Military OneSource specialty consultations, such as relationship support, new MilParent support, health and

wellness coaching and more.

- Financial counseling and MilTax services.
- Language services, including real-time interpretation and translation services.
- Access to resilience tools, including CoachHub, Moodhacker and Love Every Day.
- Access to the MWR Digital Library including education and entertainment resources.
- SECO career coaches remain available. Call 800-342-9647 or connect through live chat to schedule an appointment.
- Online SECO tools and resources remain available, including My

Individual Career Plan, or MyICP, the Research Occupations Tool, the Scholarship Finder, the College Scorecard Tool, MySECO Resume Builder, and more.

- SECO online events and webinars are still active, including the Military Spouse Employment Partnership Partner Connect discussion and the Virtual Military Spouse Symposium.

What’s Changed

Nonmedical Counseling: While Military OneSource continues to offer non-medical counseling by telephone (800-342-9647) and online via secure chat and video, in-person counseling may be affected or unavailable depending on

state and local policies. Families are encouraged to check with their local providers to confirm.

Military OneSource, a DOD-funded program, is both a call center and website that provides comprehensive information, support and resources on every aspect of military life. Service members and the immediate family of active duty, National Guard and Reserve (regardless of activation status), survivors and DOD expeditionary civilians are eligible for Military OneSource. Veterans and their immediate family members are eligible for Military OneSource up to 365 days post-separation or retirement. All services are available at no cost.

CID encourages vigilance to prevent COVID-19 cyber scams

By U.S. Army Criminal Investigation Command Public Affairs

QUANTICO, Va. – During this time of heightened awareness and protection against potential health risks associated with COVID-19, there is also an increased risk in scam methods used by cybercriminals.

The U.S. Army Criminal Investigation Command warns the military community that some phishing campaigns prey on would-be victims’ fear, while others capitalize on the opportunity created by hot topics in the news cycle. The COVID-19 Pandemic presents cybercriminals with a way to combine both into a dangerous one-two punch.

Most recently, the Johns Hopkins University COVID-19 interactive map has been hacked by cybercriminals. The hackers are selling copies of the interactive map as a malware tool used to steal passwords and user data.

A significant number of additional coronavirus-related domains have been registered. CID officials warn users to not open attachments or links in emails

coming from such domains.

Below is a list of websites that have recently shown signs of malicious behavior detected by anti-virus software:

- coronavirusstatus.space
- coronavirus-map.com
- blogcoronacl.canalcero.digital
- coronavirus.zone
- coronavirus-realtime.com
- coronavirus.app
- bgvfr.coronavirusaware.xyz
- coronavirusaware.xyz

Army CID Special Agents are reminding people to be alert and suspicious and take extra steps to verify information before agreeing to anything putting that could put one’s personal or financial information at risk.

According to CID officials, individuals should be suspicious of anyone who approaches or initiates contact regarding coronavirus; anyone not known, or with whom conversation was not initiated, who offers advice on prevention, protection or recovery – especially if they ask for money. Cybercriminals may use a variety of approaches.

Below is a potential list of



approaches that could be used:

- Someone claims to represent the health department who emails you or comes to your door and tells you of the risks of COVID-19 and offers you vaccination or other testing. The health department will not do this. This is a dangerous scam. If this happens, call your local police department immediately.
- Someone claiming to be from your bank or an investment firm who you do not already have a relationship with, who offers investment alternatives to protect you from economic

and market uncertainties.

- Someone who threatens you with repercussions (arrest, prosecution, confinement) if you don’t pay a fee.
- Someone claiming to be from a hospital where a loved one is being treated for the virus but is in urgent need of money before lifesaving treatments can be rendered.
- Someone claiming to be your friend who is stuck in a foreign country and can’t get home unless a “virus prevention” or other outrageous sounding fee is paid.
- Unsolicited emails offering expert advice or information. They could contain malware or the links in the email could take you to a site with malware.
- Someone asking for any personally identifiable information, bank account or financial information, or information about family members.
- Someone claiming to be from computer support who tells you your computer is infected with corona virus and offers

to repair it. Your computer cannot be infected by corona virus.

CID officials also remind individuals to remain vigilant and take precautions against cyber scams. They also recommended to always use trusted sources; avoid clicking on links in unsolicited emails, IMs, or texts; avoid opening attachments in unsolicited emails; do not reveal personal or financial information in email, IMs, or texts; and verify a charity’s authenticity before making donations.

Additional information on COVID-19 – progression, transmission, symptoms, treatment – may be found at reputable websites for the Centers for Disease Control and Prevention, World Health Organization, The U.S. Department of Health and Human Services, U.S. Food and Drug Administration, the U.S. Government’s Corona Virus website, your state, county or city health department, your local hospital, your primary care physician, the local free clinic or wherever you receive medical services.

AFIMSC innovation project receives \$3 million award

By Shannon Carabajal

AFIMSC Public Affairs

JOINT BASE SAN ANTONIO-LACKLAND, Texas – The Air Force presented a \$3 million Small Business Innovation Research program award to an Air Force Installation and Mission Support Center innovation project March 12.

The project uses drones and machine learning to revolutionize how the Air Force Civil Engineer Center collects data for its environmental mission. The initiative is powered by a partnership between AFIMSC, Air Force Innovation Hub Network (AFWERX) and Aerial Applications, a small business providing drone services and mapping software.

“This speaks to the ability we have to commit and work with a company,” said Dr. Will Roper, assistant secretary of the Air Force for acquisition, technology and logistics, in announcing the award. “The stakes couldn’t be higher and (this award) shows the type of agility and flexibility we have in the Air Force.”

The award represents AFIMSC’s first innovation partnership.

“We’ve achieved tremendous success very quickly, which could not have been possible without teammates who work well together,” said Marc Vandever, AFIMSC chief innovation officer. The innovation office stood up in November 2018, and the drone project was one of

the first innovation initiatives the office pursued.

The SBIR award is part of the dual-use program encouraging small businesses to complete innovative federal research and development with the goal of creating scalable solutions with potential to benefit both the government and private industry. The competitive, awards-based program also provides the incentive to profit from commercialization.

The award, presented to Aerial Applications, brings the amount of government investments to \$6 million over four years. Aerial Applications also secured \$50 million in funding from industry and venture capitalists, raising the total investment to \$56 million.

“The fact that this project won the award is a testament to the Air Force’s renewed focus on innovation and moving our capabilities forward with strong commercial partnerships and powerful execution of our dollars,” said Emilie Miller, a project manager in the AFIMSC Innovation Office.

AFIMSC and Aerial Applications began field testing the project last fall, flying an unmanned aerial system equipped with light detection and ranging, multi-spectral sensors and machine-learning algorithms to map, survey and inventory habitat for the golden-cheeked warbler at Camp Bullis, Texas.

Additional field tests at Camp Bullis



Ethan Jacobs, unmanned aerial system engineer, launches a UAS during a field test Sept. 4 at Camp Bullis, Texas. The UAS was equipped with Light Detection and Ranging, multi-spectral sensors and machine-learning algorithms to map, survey and inventory habitat for the golden-cheeked warbler. The field test will help the Air Force determine if UAS technology can characterize habitat better, faster and cheaper than current methods. (U.S. Air Force photo by Malcolm McClendon)

are planned for late March. The initial project will expand to include other species and will be applied to more than 20 different uses in at least 12 locations, according to Vandever.

With the SBIR award and additional funding, Miller believes the technology will eventually be applied to many installation and mission support requirements

outside of environmental management.

“Through our strategic partnership with Aerial Applications and their capabilities, we’re looking forward to proving this technology’s value and scalability across the Air Force,” she said. “We’re so excited. We have shown we can accomplish amazing things through perseverance, go-getter attitudes and making connections to find the right path forward.”

AFRL, associates improve processes for fabricating aircraft engine inlet ducts

By Donna Lindner
Air Force Research Laboratory

WRIGHT-PATTERSON AIR FORCE BASE, Ohio – Aircraft engine inlet ducts provide the engine compressor with a constant supply of air to prevent the compressor from stalling. Since the inlet is directly exposed to the impacting airflow, it must create as little drag as possible. The smallest gap in airflow supply can cause major engine problems as well as significant efficiency losses.

Part of the Air Force 2030 Science and Technology strategy includes the deployment of low cost Unmanned Aerial Systems in mass to assist in future near peer engagements. In order to realize this vision, new manufacturing strategies need to be identified which can support the rapid manufacturing of high quality aerospace components at costs that are lower than what are currently available using legacy manufacturing processes.

If the inlet duct is to retain its function of providing sufficient air with minimum turbulence, it must be clean and flawless.

The Air Force Research Laboratory’s Manufacturing and Industrial Technologies Division and the contractor team of Cornerstone Research Group, A&P Technology and Spintech LLC, conducted research to quantify the benefits of replacing legacy manufacturing processes with novel processes for the fabrication of an 11-foot long, S-shaped engine inlet duct.

The legacy fabrication process for the inlet duct consists of composite material preimpregnated with a synthetic resin, applied by hand, to a multi-piece steel mandrel. The mandrel is packaged and placed in an autoclave for processing. An autoclave is essentially a heated pressure vessel which supplies heat to activate resin curing and pressure to ensure there is minimal absorbency in the fully cured composite part.

The approach replaces the hand applied composite prepreg with an automated overbraid process which applies dry fiber to a mandrel. The very heavy multi-piece steel mandrel was replaced with a light-weight single-piece shape-memory polymer mandrel and the dry braided carbon



The Kratos XQ-58 Valkyrie is an experimental stealthy unmanned combat aerial vehicle designed and built by Kratos Defense & Security Solutions for the United States Air Force Low Cost Attributable Strike Demonstrator program, under the USAF Research Laboratory’s Low Cost Attributable Aircraft Technology project portfolio. (Courtesy photo)

fiber was processed with a low cost epoxy resin using a vacuum assisted resin transfer molding process.

One of the primary goals of this program is to understand part cost and production time benefits from introducing the new tooling and processing solutions.

The team completed element analysis finalization of the overbraid architecture, fabrication of a shape memory polymer forming tool and construction of the SMP mandrel that will serve as the tool during the preform overbraid process.

Because of inlet duct geometrical complexity, multiple iterations were necessary to optimize the overbraid machine settings and thus minimize composite material wrinkling. A total of four inlet ducts will be fabricated and legacy part cost and production time will be compared to the new design.

“We believe that the introduction of a reusable shape memory polymer mandrel together with the automated overbraid process and an oven based VARTM composite cure will lead to significant cost and cycle time reductions,” said Mr. Craig Neslen, manufacturing lead for the Low Cost Attributable Aircraft Technology Initiative in the Manufacturing and Industrial Technologies Division. “Quantifying

the manufacturing benefits and validating structural integrity will be critical to establishing a positive business case and convincing designers and manufacturers that the new materials and processes should be incorporated into future low cost engine inlet duct designs.”

The final inlet duct will be delivered to the government for further integration into the Aerospace System’s Directorate’s complementary airframe design and manufacturing program. Personnel at the Aerospace Vehicles Division will conduct static ground testing of the integrated braided fuselage and inlet duct structure.

“While we have yet to define all of the implications of attrition tolerance on design criteria and the resulting manufacturing materials and processes utilized, we do have a baseline with threshold requirements for strength and stiffness which we

will assess via full-scale airframe ground tests,” said Ray Fisher, aerospace engineer in the Aerospace Vehicles Division.

The Air Force Research Laboratory (AFRL) is the primary scientific research and development center for the Air Force. AFRL plays an integral role in leading the discovery, development, and integration of affordable warfighting technologies for our air, space, and cyberspace force. With a workforce of more than 11,000 across nine technology areas and 40 other operations across the globe, AFRL provides a diverse portfolio of science and technology ranging from fundamental to advanced research and technology development. For more information, visit: www.afre-searchlab.com.



An 11-foot long unmanned aircraft system inlet duct preform is shown prior to resin infusion. (Courtesy photo)



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Arnold AFB Fire and Emergency Services conducts live fire training

By Jill Pickett
AEDC Public Affairs

Over the course of two weeks in late February and early March, the Arnold Air Force Base Fire and Emergency Services personnel trained using structure and aircraft live fire simulators. Live fire training is important for FES team members in order to maintain readiness. The simulators use propane and simulate smoke, which allows crews to quickly reset and cycle team members through repeatable scenarios.



Arnold Air Force Base Fire and Emergency Services personnel attack an aircraft fire with a hand line as they train March 5 on aircraft rescue and firefighting techniques using a propane-fueled trainer brought to the base. The aircraft trainer can simulate fires in multiple locations - cabin, ground, engine, wheel and brake, and the auxiliary power unit. (U.S. Air Force photos by Jill Pickett)



Arnold Air Force Base Fire and Emergency Services personnel attack an aircraft engine fire with a hand line while training March 5 using a propane-fueled trainer brought to the base. The simulator, which was brought in to facilitate training, uses liquid and vapor propane to create controlled and repeatable fire scenarios.



Arnold Air Force Base Fire and Emergency Services personnel use the roof turret on an aircraft firefighting vehicle to battle a blaze while training March 5 on aircraft rescue and firefighting techniques at the fire crew's training area on base.



Arnold Air Force Base Fire and Emergency Services personnel attack a ground fire near an aircraft with a hand line while training March 5 using a propane-fueled trainer brought to the base. The aircraft trainer uses propane to generate controlled fires in various locations in and around the mock fuselage.



Arnold Air Force Base Fire and Emergency Services personnel enter a live fire trainer Feb. 25 at Arnold AFB during a training exercise. The trainer is a mobile trailer brought to the base for training. It uses propane for the fuel and simulated smoke, providing a more controllable situation for training.



Arnold Air Force Base Fire and Emergency Services personnel attack a fire using vehicle-mounted nozzles while training March 5 on aircraft rescue and firefighting techniques at a training area on base.

Arnold AFB Milestones



Roy Carroll, TOS
40 Years

40 YEARS
Charles Cardwell, TOS
Roy Carroll, TOS
Mark Echols, AF



Gary Clower, TOS
35 Years

35 YEARS
Gary Clower, TOS
Troy Davis, TOS
Timothy Emerton, TOS



Joel Shaver, TOS
35 Years

Roger Miller, TOS
Michael Reep, TOS
Joel Shaver, TOS

30 YEARS
Jared Smith, TOS
Harold Turrentine, TOS

25 YEARS
Bryan Petty, TOS
Mitch Swafford, TOS

20 YEARS
Bradley Mcneese, TOS
Christopher Mears, TOS

15 YEARS
David Brown, TOS
Phillip Buckner, TOS
Charles Rose, TOS
Lutrell Stuart, TOS
Austin Voorhes, TOS
James Wiser, TOS
Meliton Abenojar, TOS

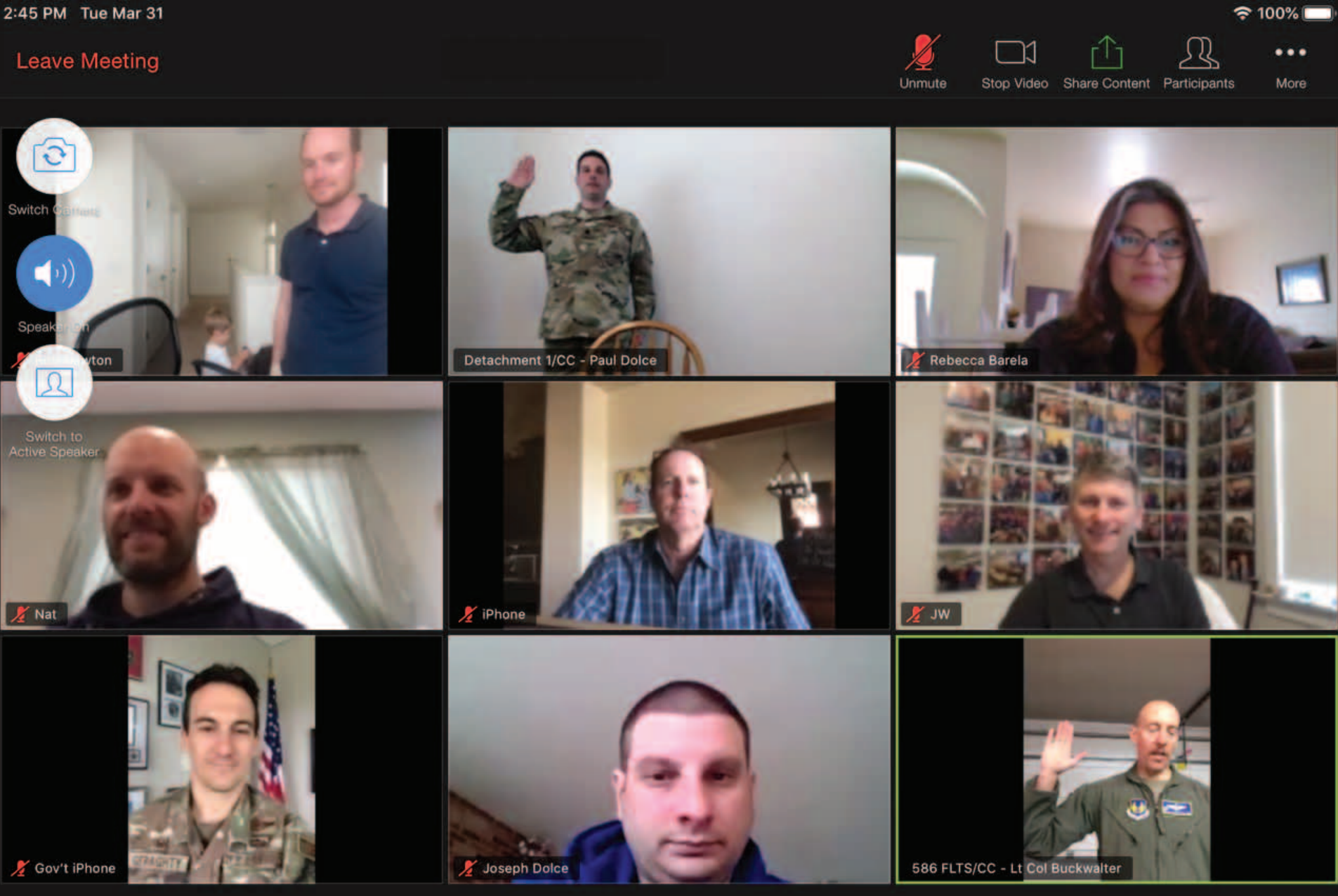
5 YEARS
Meliton Abenojar, TOS
Drew Barnett, TOS
Paul Cox, TOS
Chard Hartman, TOS
Robert Huffer, TOS
John McDonald, TOS
Troy Morrison, TOS
Donald Parker, TOS
Thomas Redmon, TOS
Michael Skyles, TOS

INBOUND MILITARY
Maj. Stephen Satava, AF
Master Sgt. Adam Whitehurst, AF

RETIREMENTS
Thomas Allen, TOS
James Gilliam, TOS
Roma Rojas, AF

NEW HIRES
Matthew Brewer, TOS
Aleshia Brooks, AF
Rachel Chumley, TOS
Ryan Crawford, TOS
Christian Dale, AF
Ancie Dotson III, TOS
Kelsey Felver, AF
Billy Housley, TOS
Imani Mason, TOS
Caila Singleton, TOS
Michael White Jr., TOS

Dolce celebrates promotion in virtual space



During a pandemic, when a member of the 586th Flight Test Squadron at Holloman Air Force Base, New Mexico, was scheduled to be promoted they stepped up to uphold military traditions – virtually. Lt. Col. Paul Dolce, commander of the 586 FLTS, Detachment 1, is promoted March 31 during a promotion held virtually with the officiating officer Lt. Col. Hans Buckwalter and Dolce in different locations to maintain social distancing. The normal audience of friends, family and co-workers was replaced by a screen full of people in both their on-base and home offices. (U.S. Air Force photo) (This image has been altered by obscuring a phone number for security purposes).

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Ribbon cut on Tenn. Dept. of Veterans Services field office at Arnold AFB

By Bradley Hicks
AEDC Public Affairs

An office providing resources and guidance to help ensure area veterans receive the benefits to which they are entitled officially opened March 12 at Arnold Air Force Base.

State and local officials, joined by base personnel, cut the ribbon on the new Tennessee Department of Veterans Services Tullahoma Field Office during a ceremony outside the Arnold AFB Medical Aid Station.

The new TDVS office, located within the Medical Aid Station at Arnold, is in place to provide veterans with help on their benefits, advocacy and other assistance.

Courtney Rogers, TDVS commissioner, said the office falls in line with Gov. Bill Lee’s vision of providing better support to veterans in rural communities across the state. Lee worked with TDVS Regional Director Steve Bell, who identified the Tullahoma area as an ideal location to help meet Lee’s objective.

“Today, I would like to thank Gov. Lee for his vision to support Tennessee’s rural communities – we want veterans across the state to have support in claiming the benefits they have earned through service,” Rogers said. “I would also like to thank the state legislature for their ongoing support of Tennessee’s veterans and family members and for

enabling us to hire support staff to assist these rural communities.”

Representatives with the TDVS approached Arnold AFB personnel last fall to propose that Arnold host a new office. Following discussions with Col. Charles Roberts, Arnold Engineering Development Complex Test Support Division chief, and Master Sgt. Joshua Suggs, Arnold AFB Medical Aid Station Branch chief, the TDVS moved forward with establishing the new office at Arnold, the headquarters of AEDC. Existing space in the medical building was converted to make room for the office.

Roberts said approximately 1,200 Veterans Affairs patients are seen in the on-base VA office. He added the new office will provide greater convenience to these patients, as they will be able to meet with the TDVS at the same site to discuss disability compensation, health care eligibility and other veteran services and benefits specific to the state of Tennessee.

“With our current relationship with the VA, we realized hosting the Department of Veterans Services would be very complementary to the VA services provided to local veterans,” Roberts said. “Actually, getting a formalized relationship was simple since we already worked similar agreements and they already had personnel ready to work in our facility.”

During the ceremony,

Roberts expressed his appreciation to the TDVS for bringing the office to Arnold.

“Thank you for giving us the opportunity to host the Tennessee Department of Veterans Services in this facility,” he said. “This is a great partnership, and I am excited to provide a landing place for services for our veteran community.”

The office at Arnold will be manned by TDVS Veterans Resource Coordinator Michael Rinck who, as a 24-year military veteran himself, said he appreciates the sacrifices each veteran has made. In his role, Rinck will connect veterans, transitioning service members and families with the federal and state benefits they have earned through military service.

The field office is located at 225 von Kármán Road, Building 225, Room 124 on Arnold AFB. To schedule an appointment, call 931-461-7169 Monday through Friday between 8 a.m. and 4:30 p.m. CDT.

In addition to his office at Arnold, Rinck has mobile responsibilities for the TDVS. He will be in Grundy County the first Thursday of each month and located at the Coffee County Lannom Library in Tullahoma on the third Thursday of each month. These mobile offices may be more convenient for veterans living in areas around Arnold AFB and will allow them to take advantage of the services



Arnold Engineering Development Complex team members, Tennessee Department of Veterans Services representatives and community leaders assist in cutting the ribbon March 12 for the new Tennessee Department of Veterans Services office located in the Medical Aid Station at Arnold Air Force Base. (U.S. Air Force photo by Deidre Moon)



Col. Charles Roberts, chief of the Arnold Engineering Development Complex Test Support Division, speaks to the crowd gathered for the ribbon cutting March 12 for the new Tennessee Department of Veterans Services field office located in the Medical Aid Station at Arnold Air Force Base. (U.S. Air Force photo by Deidre Moon)

offered. Rinck added he also has the flexibility to meet with veterans outside of the Arnold gate at other times if there are issues that might prevent them from accessing the base.

Due to the current closure of the Medical Aid Station because of the COVID-19 outbreak, Rinck said assistance is currently being provided via phone by contacting the number above. In-person appointments will resume once the Medical Aid Station reopens.

NAS Women’s Day event highlights work of women-led organization that supports area women

By Deidre Moon
NAS Public Affairs

In recognition of International Women’s Day and the month of March as Women’s History Month, members of National Aerospace Solutions, LLC (NAS) organized an event held on March 13 at Arnold Air Force Base, highlighting the important work of Blue Monarch, a residential recovery program for women.

Jennifer Edmonston, NAS Human Resources Manager, said representatives of Blue Monarch were chosen to speak at this year’s event to provide information on the important role that the local, women-led organization plays in the community by giving women who are suffering from hardships the opportunity to get back on their feet.

“Blue Monarch is a nonprofit designed to serve women and children, who are currently recovering from physical, emotional, and/or sexual abuse, alcohol or drug addictions, poverty, and mental health issues,” Edmonston said. “In my opinion, there is no better way to honor the spirit of International Women’s Day and Women’s History Month than by giving back to an organization, like Blue Monarch, with the sole purpose of supporting and uplifting women and their children.”

“My hope is our employees walk away from today’s

presentation with a better understanding of Blue Monarch’s mission and how they can support the organization, if desired.”

On behalf of NAS, Edmonston and NAS General Manager Dr. Rich Tighe presented Kate Cataldo, the Operations Director for Blue Monarch, with a check donation in the amount of \$1,500.

Cataldo thanked NAS for the donation along with those in attendance for taking time to support the organization.

“We serve the most dedicated and most courageous women that I have ever met,” she said. “Blue Monarch is a ministry that not only treats the symptoms of addiction, but helps heal lives and rebuild families.”

Shakia Craig, a resident of Blue Monarch who will be graduating from the program in April, was invited to share her testimony. She mentioned that her life was unstable from the beginning, and at an early age she was abused in her own home.

“I was excited when I got to go see my Dad because I knew I would be safe there,” Craig said.

However, that soon changed, and Craig said she didn’t feel she had anyone or anywhere safe to turn. Though she found some solace in sports, Craig mentioned her grades in school suffered.

“I was a poor student because my home life was

so unstable,” she said.

At 13, she tried drugs for the first time; and at 15, she got pregnant and moved with the father of her child to New Jersey.

For many years, she moved back and forth from Tennessee to New Jersey, and the cycle of abuse and addiction continued.

In 2015, Craig had twins and decided soon after that she wanted to change her life’s path.

“I cried out, ‘God there has got to be more than this,’” she said.

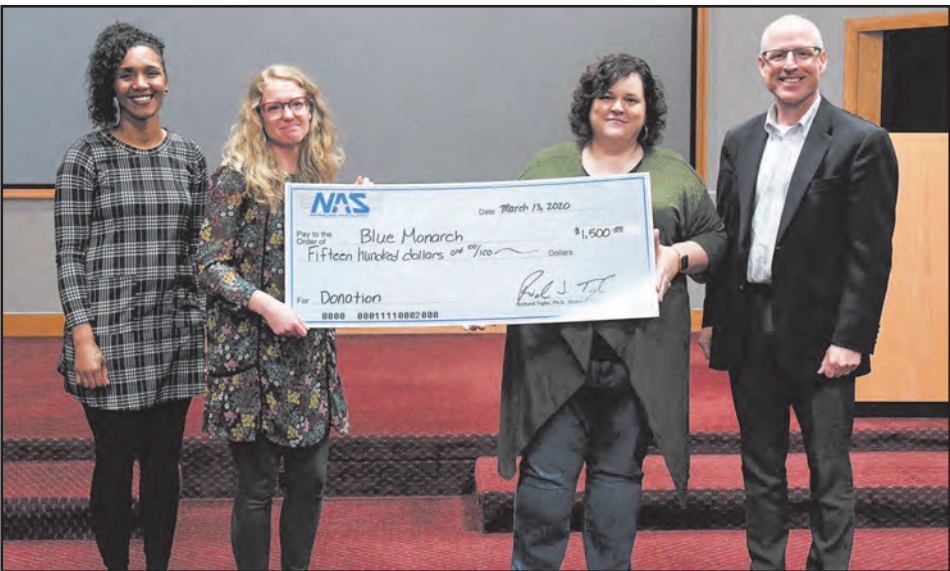
She reached out to Blue Monarch, receiving a spot for herself and her children there in 2018.

“I played the victim a lot at Blue Monarch, and they stood by me,” she said. “They showed me that I had to deal with the one person I had been running from... me.”

With the assistance from the devoted Blue Monarch staff and an amazing team of volunteers, Craig said she has become a better mother, taking her kids to church, playing games with them, and having dinners together as a family.

“My story is one of deliverance, development, and destiny,” she said. “I am no longer a victim. I am victorious.”

If interested in volunteering with Blue Monarch or donating to the organization, visit: www.bluemonarch.org.



National Aerospace Solutions, LLC (NAS) General Manager Dr. Rich Tighe and Human Resources Manager Jennifer Edmonston, at right, present a donation to representatives from Blue Monarch, from left, Shakia Craig, a resident and soon-to-be graduate, and Kate Cataldo, Operations Director, during an event held by NAS recognizing Women’s History Month and International Women’s Day at Arnold Air Force Base, March 13. (U.S. Air Force photo by Jill Pickett)

